

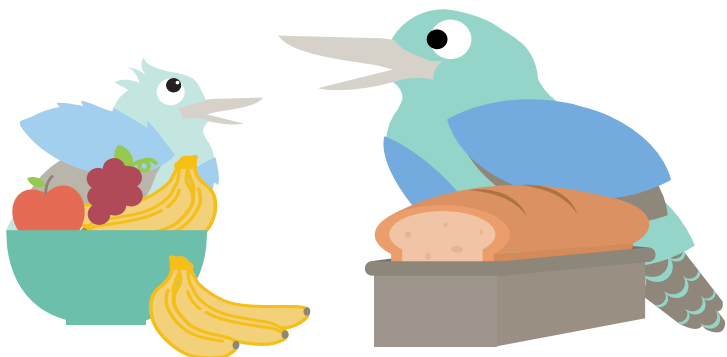


Habits for Bedtime Success

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Daytime Habits

- Encourage your child to wake at the same time every day, including on weekends
- Breakfast is very important. Eating meals at the same time every day helps train your child's brain to know when it is time to be awake or asleep
- If your child is five years of age or older, avoid naps. You may need to plan activities to help them stay awake during the day. If they are young enough to nap:
 - They should sleep in their own bed
 - Naps should end no later than 3:00 p.m. Keep older children's naps early and short
 - Get plenty of natural light in the day. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime
 - It's not encouraged to do stimulating activities one hour before bedtime
 - Schedule activities that your child dislikes or has trouble completing earlier in the evening. This will help decrease stress close to bedtime





Nigh-time Habits

- It may be helpful to create a visual or object schedule, this will help your child follow along with the steps that need to be completed
- Bedtime routine: If your child does things differently each night before bed, they might not get predictable cues that it's time for bed and sleep. Activities that are part of the bedtime routine should be calming. These may include massage, reading a book or singing a song
- Make sure your child feels safe at night. Avoiding scary TV shows, movies and computer games can help too
- Check noise and light in your child's bedroom. It can help to: turn off devices at least one hour before bedtime, keep screens out of your child's room at night, dim the lights an hour before bed for children of preschool age and younger



References

Nation Wide Children

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2019/04/autism-and-sleep>

Raising Children

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

https://raisingchildren.net.au/autism/health-wellbeing/sleep/sleep-problems-children-with-asd?gclid=CjwKCAjwiY6MBhBqEiwARFSCPICUvT-qX2jbRoBGP8l8vQiORfjhBV6L6l3e_cNcHtG5jS0Gp4n_VBoCraAQAvD_BwE



